



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01187, Yogurt, chocolate, nonfat milk**

**Report Date: July 11, 2017 14:20 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g
<b>Proximates</b>					
Water	g	71.57	--	--	121.67
Energy	kcal	112	--	--	190
Energy	kJ	469	--	--	797
Protein	g	3.53	--	--	6.00
Total lipid (fat)	g	0.00	--	--	0.00
Ash	g	1.37	--	--	2.33
Carbohydrate, by difference	g	23.53	--	--	40.00
Fiber, total dietary	g	1.2	--	--	2.0
Sugars, total	g	14.97	--	--	25.45
<b>Minerals</b>					
Calcium, Ca	mg	88	--	--	150
Iron, Fe	mg	0.42	--	--	0.71
Magnesium, Mg	mg	40	--	--	68
Phosphorus, P	mg	166	--	--	282
Potassium, K	mg	339	--	--	576
Sodium, Na	mg	135	--	--	230
Zinc, Zn	mg	1.13	--	--	1.92
Copper, Cu	mg	0.209	--	--	0.355
Selenium, Se	µg	7.0	--	--	11.9
Fluoride, F <sup>1</sup>	µg	12.0	9	--	20.4
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.047	--	--	0.080

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g
Riboflavin	mg	0.215	--	--	0.365
Niacin	mg	0.223	--	--	0.379
Vitamin B-6	mg	0.047	--	--	0.080
Folate, total	µg	12	--	--	20
Folic acid	µg	0	--	--	0
Folate, food	µg	12	--	--	20
Folate, DFE	µg	12	--	--	20
Choline, total	mg	15.2	--	--	25.8
Vitamin B-12	µg	0.50	--	--	0.85
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.000	--	--	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 container (6 oz) 170g
Fatty acids, total monounsaturated	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated	g	0.000	--	--	0.000
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	1	--	--	2

#### Amino Acids

#### Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	2	--	--	3
Theobromine	mg	23	--	--	39

#### Sources of Data

<sup>1</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion